

# DINNERLY



## Fan Fave: Chicken Katsu Strips with Chunky Vegetable Mash



25 minutes



2 Servings

With crumbed chicken tenders, chunky mash and a hit of the Japanese barbecue sauce known as tonkatsu, here's a sure-fire winner – even with the fussiest of eaters.

## WHAT WE SEND

- 300g chat potatoes
- 1 carrot
- 40g panko breadcrumbs<sup>1</sup>
- free-range chicken tenderloins
- 150g peas
- 60ml tonkatsu sauce<sup>6</sup>

## WHAT YOU NEED

- 1 garlic clove
- 1 egg<sup>3</sup>
- 1½ tbs olive oil

## TOOLS

- medium saucepan
- medium frypan
- potato masher

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Soy (6). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 585kcal, Fat 16.9g, Carbs 48.0g, Proteins 48.5g



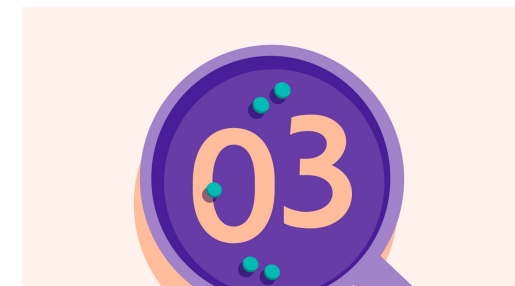
### 1. Prep ingredients

Bring a medium saucepan of salted water to the boil for the vegetables. Quarter the **unpeeled potatoes**. Peel the **carrot** and coarsely chop. Crush or finely chop **1 garlic clove**.



### 2. Crumb chicken

Whisk **1 egg** in a shallow bowl. Add the **garlic**, season with **salt and pepper** and stir to combine. Put the **breadcrumbs** in a separate shallow bowl. Dip the **chicken** in the **egg mixture**, then lightly coat in the breadcrumbs.



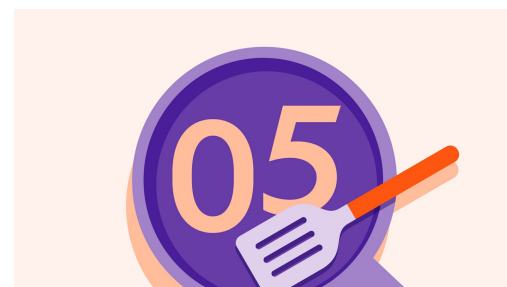
### 3. Cook vegetables

Cook the **potato** and **carrot** in the pan of boiling water for 12 mins or until just tender. Add the **peas** and cook for a further 2-3 mins until tender. Drain, then return to the pan.



### 4. Cook chicken katsu

Meanwhile, heat **1 tbs olive oil** in a medium frypan over medium-high heat (see Kitchen hack). Cook the **chicken** for 3-4 mins each side until golden and cooked through. Remove from the pan.



### 5. Serve up

Coarsely mash the **vegetables** with a potato masher. Add **2 tsp olive oil**, season with **salt and pepper** and stir to combine. Divide the **mash** among plates, top with the **chicken katsu**, then drizzle with the **tonkatsu sauce**. Enjoy!



### 6. Kitchen hack

Instead of pan-frying, put the crumbed chicken on a lined oven tray, spray with olive oil and bake at 200C for 12-15 mins until golden and cooked through.